

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Sept. 15, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

Winter Expo at Outdoor Rec

Outdoor Recreation is having a Winter Expo noon to 5 p.m., Sept. 14, in front of the APG Bowling Center, building 2342, showing an assortment of skis, snowboards, snow tubes and more.

For those interested in winter sporting equipment, this is an opportunity to get fitted early for skis and snowboards.

For more information, call 410-278-4124 or e-mail the office at outdoor.recreation@usag.apg.army.mil.

Commissary holds case lot sale

AAFES and the post Commissary will hold a case lot sale 10 a.m. to 6 p.m., Sept. 16 and 17, and 9 a.m. to 3 p.m., Sept. 18.

Some items included in the sale are frozen and dry foods, paper and canned goods, sodas and pet food.

The Commissary will remain open during the sale.

For more information, call 410-278-3926.

Join the MCSC for their 'Super Sign Up'

The Military and Civilian Spouses' Club is open to spouses, surviving spouses or members of the U.S. armed forces (all ranks), active duty or retired, a spouse or surviving spouse of a Department of Defense employee or a DoD employee.

The club's purpose is to have fun and be involved in the Aberdeen Proving Ground community. The MCSC has many functions that involve camaraderie, enjoyment, education and fundraising.

Social groups include the Lunch Bunch, Gourmet Club, Book Club, Bunco and more.

Fundraising events generate money for scholarships and aid to various community organizations and offers both day and evening programs and

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Protecting the Bay

Marine first sergeant awarded Bronze Star



Brig. Gen. Thomas L. Conant, left, commander, U.S. Marine Corps Training Command at Quantico, Va., pins the Bronze Star Medal on 1st Sgt. James A. Thompson Jr., USMC Detachment, during a ceremony at Aberdeen Proving Ground Aug. 31. Thompson earned the award while serving with the 2nd Marines Task Force Charlie in Iraq, January to July 2003. On three occasions throughout the day, March 23, 2003, [Thompson], without regard for his own safety, exposed himself to enemy direct and indirect fire to evacuate 28 Marines and Soldiers.

Story and photos by
Yvonne Johnson
APG News

"For heroic achievement in connection with combat operations against the enemy while serving as first sergeant, Company A, 1st Battalion, 2nd Marines, Task Force TARAWA, I Marine Expeditionary Force in support of Operation Iraqi Freedom," 1st Sgt. James A. Thompson of the U.S. Army Ordnance Center and Schools Marine Corps Detachment received the Bronze Star Medal with combat "V" during a ceremony at Aberdeen Proving Ground Aug. 31.

Brig. Gen. Thomas L. Conant, commanding general of the USMC Training Command, Quantico, Va., presented the award to Thompson as the entire detachment, guests and Thompson's wife, Kimberly, looked on.

Also in attendance were Col. Kevin M. Smith, OC&S chief of staff; Col. Francis R. Merritt, commander; U.S. Army Ordnance Mechanical Maintenance School, and Maj. Dan M. Mielke, USMC Detachment commander.

Thompson received the award for actions taken March 23, 2003, during the attack on the 507th Maintenance Company at An Nasiriyah.

"This is the legacy you will be charged to uphold," Conant told the formation. "You will honor First Sergeant Thompson by doing what it is you are expected to do.

"Today, the Army and Marine Corps are carrying the weight of this great nation," he said. "Take pride in who you

See BRONZE STAR, page 2

MRICD hosts competition for the German Armed Forces Proficiency Badge

Cindy Kronman
MRICD

While athletes from around the world gathered in Athens to compete in the Olympic Games, Soldiers from across the United States were invited by the U.S. Army Medical Research Institute of Chemical Defense to Aberdeen Proving Ground for an equally strenuous competition Aug. 22 thru 25 at Edgewood High School.

In Athens, athletes competed against each other for gold, silver or bronze medals; at MRICD, the Soldiers competed against themselves—their own training and proficiency—to earn the right to wear the German Armed Forces Proficiency Badge at the gold, silver or bronze level.

Like their counterparts in Athens, the Soldiers competed in sporting events, such as swimming and track and field; however, their competition also included demonstrated

excellence in overall job performance, proficiency in military skills—marksmanship and the ability to render first aid—and a uniquely military event, the road march.

The GAFFPB was established in the early 1970s and introduced to the U.S. military in 1972. The 520th Theater Army Medical Laboratory was the first unit at APG to host a local event, and in 2001 the German Armed Forces Command, United States, Canada and APG signed an official friendship agreement that allowed APG to establish a local program for twice-yearly competitions for the badge.

A short time later, Soldiers from MRICD took over the responsibilities of training and administering the local competitions.

To qualify Soldiers to provide the training as well as judge each event, GEAFCOM

offered a train-the-trainer course in 2001. Trainers receive certification annually to remain qualified to judge the events. The only event the U.S. trainers cannot oversee is the road march, which must still be monitored by GEAFCOM staff.

Following the example of the 326th Area Support Group, the Army National Guard Training Center, Kansas City, Kan., who had offered two Army-wide GAFFPB events, the APG GAFFPB Team decided to open their competition to the military community outside of APG, and thus the first annual GAFFPB at APG was inaugurated.

MRICD's Sgt. Bryon Pieper is the noncommissioned officer in charge of the APG GAFFPB program. Pieper, a gold-level qualifier who knows the level of hard work and dedication needed to earn the badge, was excited about

holding an event that welcomed participating military personnel from across the United States.

"It is an honor and privilege to host this event," Pieper said, taking a few minutes out of coordinating the necessary preparations. "It is a privilege to be able to go for the badge, and I take great pride in having earned it."

The demonstration ability to render first aid and overall job performance were prerequisites to entering the events portion of the competi-

tion.

Following a welcome briefing on Sunday, the event got underway Monday morning with swimming and track and field.

Participants were required to complete a 200-meter swim using a stroke of their choice, a 100-meter dash, the long jump, the shot put, and depending on whether the participant was male or female, a 3000- or 2000-meter run.

As in the military's physical See BADGE, page 3



Gold level German Armed Forces Proficiency Badge

New Chief of Ordnance takes the reins September 10

Ed Starnes
OC&S

Brig. Gen. Vincent E. Boles will assume command of the U.S. Army Ordnance Center and Schools from Brig. Gen. William M. Lenaers at 9 a.m., Sept. 10. He will also assume the role of the Army's chief of ordnance during the change of command ceremony at Ordnance Circle in front of Simpson Hall (building 3071).

Lenaers, who has held the dual-hatted position since Aug. 15, 2003, will become the commanding general, U.S. Army Tank-automotive and Armaments Command in Warren, Mich.

Boles, comes to Aberdeen Proving Ground following an assignment as the commanding general of the 3d Corps Support Command, U.S. Army Europe and Seventh Army.

He was commissioned a second lieutenant in the Ordnance Corps in 1976 upon graduation from Niagara University with a bachelor's degree in history. He also earned a master's in business administration from Babson College, Mass.

Boles' military education includes the Ordnance Officer Basic and Advanced Courses, U.S. Army Organizational Effectiveness Course, U.S.

Army Command and General Staff College and the U.S. Army War College.

His commands include the 530th Maintenance Company and the 514th Maintenance Company, both of the 194th Armored Brigade, Fort Knox, Ky.; the 701st Main Support Battalion, Division Support Command, 1st Infantry Division, Fort Riley, Kans.; the Division Support Command, 4th Infantry Division, Fort Hood, Texas.; and the U.S. Army Field Support command, with duty as Commander, Army Materiel Command - Southwest Asia/Deputy C-4 Coalition

Forces Land Component in Kuwait.

The new chief of ordnance's staff assignments include maintenance control officer, 76th Heavy Maintenance Company, 194th Armored Brigade, Fort Knox, Ky; aide-de-camp to the commander, U.S. Command Berlin, Berlin, Germany; support operations officer and later chief, Materiel Management Center, 2nd Armored Division (Forward) in Garlstadt, Germany, and Operations Desert Shield and Desert Storm in Saudi Arabia; assistant chief of staff for logistics/G-4, 2nd Armored

Division in Germany; logistics assistance officer, Fort Riley, Kans; executive officer to the commanding general, U.S. Army Materiel Command, Alexandria, Va.; and deputy chief of staff for ammunition, U.S. Army Materiel Command, Rock Island Arsenal, Ill.

Boles' awards and decorations include the Legion of Merit with Oak Leaf Cluster, Bronze Star Medal with Oak Leaf Cluster, Meritorious Service Medal with three Oak Leaf Clusters, Army Commendation Medal, Army Achievement Medal and the Parachutist Badge.

Watch Card

Observe and report:

- Unusual or suspicious activity or suspected surveillance.

- Unusual questions or requests for information relating to capabilities, limitations,

or operational information.

- Unusual vehicles operating in or around the installation.

- Unusual phone calls, messages, or e-mails.

- Unusual contacts, on or off post.

- Unusual aerial activity

near or around installation.

- Any possible compromise of sensitive information.

Do not:

- Discuss any aspect of military operations or planning.

- Discuss military capabilities or limitations.

- Discuss force protection

measures, capabilities, or posture.

- Disclose any information related to unit deployments.

Report any suspicious activity immediately to DOD Police:

Aberdeen Area, 410-306-

2222, 4-2222 or 911

Edgewood Area, 410-436-

2222, 5-2222 or 911

Off post in Maryland, 1-

800-492-TIPS (8477).

Your call may save lives.

Note - Do not take this card with you when on travel outside of the United States.



Photo courtesy of ANDRE FOURNIER
Battalion Fire Chief Charles B. Cox, left, examines what remains of a small plane that crashed in the Edgewood Area in 1986. With Cox are his longtime friends and fellow firefighters Gregory Miller, center, and George Hollenbaugh.



Photo by LA'MONT HARBISON
In this 1997 photograph that appeared in the June 11 issue of APG News, Cox, far left, assists other emergency responders in placing an injured motorist in an ambulance for transport to a waiting medevac helicopter and on to the University of Maryland Shock Trauma Unit.

Bronze star

From front page

are, take pride in being a Marine, take care of each other, and be ready to go when the call is sounded.”

Maj. Michael Brooks, of the Quantico Basic Officer School and Thompson’s former commander in the 1st Battalion, 2nd Marines’ Task Force Charlie in Iraq, said that Thompson’s job was to direct the care and evacuation of wounded Marines.

During the intense firefight of March 23, Thompson moved from position to position encouraging his troops by his presence.

“Many of them were young Marines in their first battle,” Brooks said. “For them to look up and see their first sergeant doing the things he did under fire had a calming effect. It was a huge morale boost.”

“He thundered across the lines,” Brooks added, “and it

had the desired effect.”

Thompson was a member of the team who rescued the seven Army Soldiers taken March 23, 2003, in An Nasiriyah. He said intense resistance prevented the Marines from locating them right away, but that they never stopped looking.

“We promised the Army we would get them back and we did,” Thompson said.

Also, he assisted in the rescue of Pvt. Jessica Lynch, leading the detail that secured the area for the evacuation team to guard them from attack.

“All we were hoping is that we would find her alive,” he said.

Although he had been in combat before during the Gulf War, Thompson said that this time it was different.

“The difference was the catastrophic injuries the Marines were taking that day,” he said. “It was hard for them to stay

focused and not concentrate on the casualties.”

He said that the experience brought him to realize the seriousness of the phrase, “Freedom is not free.”

“I tell Marines and Soldiers not to relax just because they are serving here and not over there,” Thompson said. “I remind them that their turn may come to help defend this

great nation. Everyday people are fighting and dying over there protecting their freedom so that our children can have freedom. No, freedom definitely is not free.”

Thompson added that he has become good friends with Sgt. James Riley, one of the seven Army Prisoners of War from the 507th Maintenance Company, now stationed at

Aberdeen Proving Ground.

“When I got here and found out he was stationed here, I went to find him,” Thompson said. “We just hugged each other and talked. He’s a good friend now.”

Riley also was in attendance for the award ceremony.

Kimberly Thompson said her husband’s deployment was tough on the family.

“It was really hard. We knew this one was worse than the Gulf War,” she said.

She said that she and their three children were “really proud” of his performance.

“We know that when the time comes he knows what he has to do and he’ll be doing just that,” she said. “We just trusted in the Lord to bring him through.”

Bronze Star citation



“Upon learning there was an unknown number of vehicles and 16 Soldiers missing from an Army convoy, First Sergeant Thompson immediately prepared his casualty collection team. Nearing the Soldier’s position, his team began to take machine gun and small arms fire. Without regard for his own safety, First Sergeant Thompson and his team ran into a building in search of the Soldiers. He was able to provide first-aid for two critically wounded and two wounded Soldiers, while coordinating the evacu-

ation of the rest of the personnel. That morning, First Sergeant Thompson was one of the first on the scene of an Assault Amphibious Vehicle hit by a Rocket Propelled Grenade. He ensured that all Marines were extracted and brought to a safe area, signaling the helicopter and running through enemy fire to the landing zone, ensuring casualties were evacuated. Upon consolidations with another company, [Thompson] began organizing, triaging and consolidating all incoming casualties at a

Casualty Collection Point, ensuring a coordinated effort was made to save lives. On three occasions throughout the day, [Thompson], without regard for his own safety, exposed himself to enemy direct and indirect fire to evacuate 28 Marines and Soldiers. By his bold leadership, wise judgment, and complete dedication to duty, [Thompson] reflected great credit upon himself and upheld the highest traditions of the Marine Corps and the United States Naval Service.”

Retiring battalion chief recognized

Yvonne Johnson
APG News

The Aberdeen Proving Ground Garrison gathered to recognize the retirement of Charles B. Cox, battalion chief with the APG Fire and Emergency Services, Directorate of Safety, Health and Environment, for more than 30 years of service to the nation and to APG during a retirement celebration at Top of the Bay Sept. 2.

On Sept. 1, Joseph Craten, civilian deputy to the APG Garrison commander, presented Cox with a commander’s coin of excellence.

“You’ve reached a significant milestone,” Craten said. “It can’t be lost how important you’ve been and the confidence we placed in you. You have made a difference to APG.”

Members of the APG Fire Department, DSHE, friends and family members gathered to remember Cox for his devotion to the APG community.

Timothy McNamara, director of DSHE, and Edward Budnick, chief, Fire and Emergency Services, led the ceremony that included sentimental farewells to Cox from coworkers and friends.

McNamara presented Cox with a Department of the Army Commander’s Award for Civilian Service from Col. John T. Wright, garrison and deputy installation commander, and a Letter of Appreciation from President George Bush and his wife, Laura.

Budnick said that “on behalf of fire and emergency services, we are thankful that battalion chief Cox has reached this point in his life.”

“We are more thankful that we were able to share it with him,” Budnick said.

He said that serving with Cox was always a positive experience, and that he served his country and the department because “it was the right thing to do.”

“You not only represent these terms, you define them,” Budnick said.

Former APG fire chief, Charles Jones, said he was honored to speak for “someone I stood shoulder to shoulder with.”

“Serving with you was an honor that I will never forget,” Jones said. “You were a very important part of the APG organization. Thanks for all you did for me.”

Firefighter Robert Barr, vice president of Local F267, and firefighter representatives presented Cox with a Certificate of Recognition.

Barr said that, “when a person retires it has a great impact on his life.”

“We started out at the same time,” he said. “I consider it a great honor and you a great friend.”

Andre Fournier, fire protection specialist, added that with two tours in Vietnam, Cox was at the top of his list as “being a gutsy firefighter.”

“We are here tonight to honor him as a firefighter and a fellow officer,” Fournier said.

He shared stories of the courage Cox showed for others in harms way, recalling their 30-year friendship.

“One thing I will miss is our trips together,” Fournier said. “Those were treasured moments, but I believe he will always be here in spirit.”

Cox said that after 35 years

he is ready to relax and spend time with his wife, Aretha, in their home in New Mexico.

“I will miss the guys,” Cox said. “It’s been a great experience to work with them and gain their respect of which the feeling is mutual.”

He said that of all the changes in firefighting technology that have taken place over the years, the most profound has been protective clothing.

“It’s definitely the biggest change. Safety wise it has really improved,” he said, adding that, “technology in monitoring, detection and investigations has really enhanced the capability of firefighters.”

He said that 9-11 proved the importance of having a well-trained firefighting team.

“Something as simple as radio communications can make all the difference,” Cox said. “Although it’s out of our hands, I’d really like to see legislators really look at manning, funding equipment and training, with a smarter way to pay for it,” he said.

APG is like any town or city with its share of accidents and tragedies, he added.

“My philosophy, the one that’s guided me my whole life, along with all my mother taught me, has been that “if I didn’t cause the incident, then all I can do is my best to remedy the situation. You will not last in this business stressing,” he added.

“It’s been an amazing career,” he said in closing the ceremony. “I always tried to look out for my people and I thank all you guys for the support you’ve given me over the years. It’s been good. It’s just

See COX page 2

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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Deadline for copy is Thursday at noon for the following Thursday’s paper.

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Top 10 requested items by Soldiers in Middle East

Arsenal Sentinel

1. Foot spray (Tinactin or generic spray is better than powder), manicure and pedicure products for the women and men, hair color, shampoos and conditioner.
2. Greeting cards boxed with a variety of greeting cards to send to family and friends as holiday needs arise.
3. Liquid bath soap and shampoos.
4. Beverage powder mix (sugar free is best since sugar is hard to come by and too heavy to ship) (Gatorade, Crystal Light (or generic Great Value Lemonade is best and cheaper and tastes good), Kool-aid mix or generic (Aldes sells 8-to-2 quart cans for about \$1.50).
5. One for the infantry boys in the desert - bug catchers/the kind that rolls out of a tube, and can be hung in their barracks to catch bugs. (Dollar General for \$1 for four pack).

6. Teeth whitener, tooth paste, tooth brushes, and floss. (Soldiers are neglecting their teeth and these items will help.) Sunscreen (45 SPF) and lip balm in tubes is smaller and works best. (No sunglasses, they are supplied and the only authorized type to wear).
7. Snacks (Healthy are requested such as: canned/pouched tuna, Ritz crackers, canned chicken/ravioli, gum, hard candy only, mints, suckers, beef jerky/pepperoni, nuts, oysters/sardines, canned beef stew, Ramen noodles, granola bars (trail mix not as popular), Cheese-Nips, goldfish crackers, animal crackers, cheese balls in canisters, any chips in canisters except Pringles because they break up too much (all at Dollar Tree for \$1) packaged Rice Krispie’s treats (at Dollar Store for about \$1), and anything else that comes to mind that a growing man would eat.

8. For the smokers, cigarettes and cigars. For the chewers and dippers, favorite brands are hard to get in Iraq.
 9. Entertainment such as DVD movies, music CDs, sports magazines for the guys to include hunting and fishing, motorcycles, weight lifting, etc.; women’s magazines; books, local newspapers, stationery, envelopes and pens.
 10. Clothes, shoes and toys for children in Iraq and maybe dresses for the women in poverty stricken areas Soldiers encounter.
- (Editor’s note: This list was compiled based on comments from returning units to Pine Bluff Arsenal. Reprinted with permission from editor, Arsenal Sentinel.)



Photo by DAVID FOUNTAIN
Brig. Gen. Volker Zimmer, left, GEAFCOM commander, presents a gold level badge to Maj. Matthew Moser U.S. Army Medical Research Institute of Chemical Defense, as MRICD Commander Col. Gennady Platoff, center, looks on during an award ceremony in the Edgewood Area Conference Center.

Badge

From front page

fitness test, requirements for passing each event depended on a participant’s sex and age. Soldiers who failed an event had several alternative events in which to compete to still qualify for the badge.

Participants at the range tested their marksmanship with 9-mm pistols, on the second day. Each participant had five rounds to hit three silhouette targets; each target had to be hit at least once.

This event, along with the road march, also determined the level of badge the participant would earn. A score of three hits out of the five earned a bronze starting placement in the road march; four out of five, a silver starting placement. If all five shots hit the targets, the participant started the march from the gold position.

The road march took place on the morning of the last day and was overseen by Master Sgt. Walter Roehr and Cpl. Uwe Beyer of GEAFCOM.

Participants marched in battle-dress uniforms and carried a 10-kilogram rucksack. To qualify for the gold level badge, Soldiers, ages 18 through 29, must march 30 kilometers in 5 hours; 25 kilometers in 4 hours and 10 minutes for the silver, and 20 kilometers in 3 hours and 20 minutes for the bronze. Requirements are slightly less for female Soldiers as well as for all Soldiers in the 30 to 44 and the 45 to 59 age groups.

Soldiers successfully com-

pleting the event were awarded their GAFPBs at a ceremony at the Edgewood Area Conference Center Wednesday afternoon.

Of the 36 participants, 17 earned a proficiency badge—12 at the gold level, three at the silver, and two at the bronze.

Capt. Matt Moser, one of MRICD’s principal investigators and the institute’s detachment commander, was one of the 17 who earned gold.

“The most challenging aspect of the competition was completing the road march after two days of grueling sporting events,” Moser said.

“What was nice,” Moser added, “was a true sense of esprit de corps among the participants; everyone encouraged and motivated one another to finish. I thought that the competition was a complete success, and I was happy to see so many different units represented.”

Distinguished guests at the ceremony included Maj. Gen. John C. Doesburg, commander of APG and the U.S. Army Research, Development and Engineering Command, and Brig. Gen. Volker Zimmer, the commander, German Armed Forces Command United States and Canada.

During his remarks, Doesburg, who said he earned his own GAFPB as a captain, told the recipients to wear the badge proudly.

“I know what you’ve gone through was extremely difficult,” Doesburg said. “The badge is a distinction and honor that not everyone can earn.”

Zimmer congratulated the participants.

“I am pleased to see such a

great number of competitors complete this great competition,” he said, adding that the [military event] embodies the spirit in which he would like to see Soldiers from both countries work and compete.

At the conclusion of the ceremonies, Col. Gennady Platoff, commander, MRICD, presented Zimmer with a plaque extending the institute’s appreciation for GEAFCOM’s overwhelming support of this 1st Annual GAFPB.

Second Lt. Tony John, Womack Army Medical Center, Fort Bragg, N.C., was the officer in charge of the APG GAFPB. Graders for the event were Sgt. Casey Demskie,* TAML, and Staff Sgt. Chris Maturey,* Sgts. Nicole Washington,* Angela Castro,* MRICD. Soldier assistants including Sgt. Quirino Cardenas, MRICD; Sgts. Justina Bilbrey* and Jeremy Assmus,* and Spc. Melissa Murphy,* TAML; and Sgt. 1st Class Mark Wharton,* U.S. Army Aberdeen Test Center, Headquarters Support Troop, ran the range for the event.

Those Soldiers with an asterisk after their name have all earned the GAFPB.

In addition to these individuals, MRICD’s enlisted Soldiers contributed to the successful event, as did Soldiers from RDECOM, the U.S. Army Center for Health Promotion and Preventive Medicine, ATC, Headquarters Support Troops, the 389th Army Band (AMC’s Own), U.S. Army Garrison, and Headquarters and Headquarters Company, 143rd Ordnance Battalion.

2004 German Armed Forces Proficiency Badge recipients

Gold

Capt. Matthew Lund, Headquarters Support Troop, U.S. Army Garrison Aberdeen
Capt. Matthew Moser, U.S. Army Medical Research Institute of Chemical Defense
Sgt. Maj. David Oberg, 389th Army Band (AMC’s Own)
1st Sgt. Lonzia Hawkins, Headquarters Support Troop, U.S. Army Garrison Aberdeen
Sgt. 1st Class Carl Arias, Company B, 16th Ordnance Battalion
Sgt. 1st Class Douglas Conaway, Headquarters and Headquarters Company, 3rd Brigade (Forward), 29th Infantry Division
Staff Sgt. Christine Shannon, 389th Army Band (AMC’s Own)
Staff Sgt. Daniel Shannon, 389th Army Band (AMC’s Own)
Staff Sgt. Shannon Tarver-McKinney, Basic Noncommissioned Officer Course, NCO Academy
Sgt. Jeffrey Eberwein, Headquarters, 114th Signal Battalion, Fort Detrick
Sgt. Nathan Henry, Headquarters, 114th Signal Battalion, Fort Detrick
Pfc. Brian DeMeio, 520th Theater Army Medical Laboratory

Silver

Maj. Anissa McNeil, Headquarters Support Troop, U.S. Army Garrison Aberdeen
Spec. Alicia Swails, Walter Reed Army Institute of Research
Pfc. Jeffrey Hicks, 520th Theater Army Medical Laboratory

Bronze

Sgt. David Rivera, U.S. Army Aberdeen Test Center, Headquarters Support Troop
Pfc. Michelle Pangelinan, 520th Theater Army Medical Laboratory

Cox

From page 2

been good.”

As the audience looked on, some with tears in their eyes, Fournier handed Cox a radio and he officially ended his career, signing off to the radio dispatcher for the final time.

“Chief Cox, over and out.”

Charles B. Cox

Cox entered the Army in 1969 and served two tours in Vietnam. He began his civilian career at the U.S. Naval Training Center at Bainbridge, Md., in 1973. He transferred to APG as a firefighter in 1974 and was promoted to captain in 1986.

In 1991, Cox was promoted to battalion chief.

His military and civilian awards and decorations include the Bronze Star Medal, the National Defense Medal, the Vietnam Service Medal with two stars, the Army Achievement Medal for Civilian Service and the Commander’s Award for Civilian Service.

4th ANNUAL FLAG RIDE

Sunday, September 26th



The **HARLEY-DAVIDSON/BUELL STORE** *of Baltimore*

8845 Pulaski Highway • Baltimore, MD 21237
410.238.2003 • www.hdstore.com
Directions: Baltimore Beltway 695, 1 mile outside Exit 35B.

PRE-REGISTRATION - SEPT. 10th - SEPT. 25th
 \$25 minimum donation per bike. Includes event t-shirt and pin.

EVENT DAY REGISTRATION - SEPT. 26th
 \$20 minimum donation per bike. T-shirt and pin NOT included.
 Items will be sold separately on event day.

- Staging and registration begins at 8 am - 11:30 am at the H-D Store and surrounding staging lots. Ride leaves at 12:00 noon.
- Police escorted ride around I-695 beltway.
- Event memorabilia for sale.
- Plan to stay for the post-ride party at the H-D Store with music by Great Train Robbery!



All Motorcycle Brands Welcome!

to benefit **ARMY EMERGENCY RELIEF FUND**



Oklahoma City was one of the stops March 30 for Employer's Support of the Guard and Reserve, or ESGR, 2004 America's Car Tour. The #29 car will be on display 10:30 a.m. to 3:30 p.m., Sept. 25 at Chesapeake Mini-Storage, 3000 Eastern Blvd., Baltimore.

America's car on display

Maj. Charles Kohler
MDARNG

The Maryland Air National Guard's 175th Wing announced that "America's Car," the number 29 car which racer Kerry Earnhardt will drive at Dover International Speedway on Sept. 25, will be on display for public viewing 10:30 a.m. to 3:30 p.m., Sept. 18 at Chesapeake Mini-Storage, 3000 Eastern Blvd., Baltimore.

America's Car is sponsored by the National Committee for Employer Support of the Guard and Reserve, or ESGR.

The vehicle is an authentic NASCAR car, configured for racing, complete with driver safety equipment and a 700-horsepower engine.

It represents ESGR's effort to encourage Americans every-

where to recognize and thank the many employers throughout the country and Maryland for supporting their employees who serve in the Guard and Reserve.

Each day the total number of Guardsmen and reservists who have been mobilized for active duty service since Sept. 11, 2001 will be displayed on the hood of America's Car.

In addition, a large banner will be available for members of the community to sign as a show of support for deployed troops. Currently, more than 60,000 people nationwide have signed the banner and others like it.

ESGR's goal is to gather 1.2 million signatures, one for every member of the Guard and Reserve, from across America.

"This is a tremendous opportunity for people of all ages to come out and see up close and personal what a NASCAR race car actually looks like," said Col Guy Walsh, commander of the Maryland Air National Guard's 175th Wing. "More importantly though, it's a chance for people in our community to show their appreciation for the men and women who day in and day out put their lives on the line in support of freedom and the global war on terrorism."

Once complete, the banners will be displayed in prominent places, such as troop recreation centers in Iraq, Afghanistan, and the United States.

For more information, the public is encouraged to call the 175th Wing Public Affairs office at 410-918-6290.

The mission of Employer Support of the Guard and Reserve is to gain and maintain active support from all public and private employers for the men and women of the National Guard and reserve as defined by demonstrated employer commitment to employee military service.

The Maryland Air National Guard is comprised of a State Headquarters in Baltimore, the 175th Wing at Martin State Airport and its two flying units and support staff - the 104th Fighter Squadron and its A-10 jet fighters, and the 135th Airlift Squadron and its C-130J cargo aircraft.

More than 1,600 full-time and traditional members are employed by the Maryland Air National Guard, contributing nearly \$80 million annually to Maryland's economy.

The Air National Guard represents more than one-third of the total U.S. Air Force's total structure. Under the Total Force Policy, the Air National Guard, the Air Force Reserve and the active United States Air Force are full partners in protecting the United States and its interests at home and abroad.

Community Notes

THURSDAY SEPTEMBER 9 GIRL'S NITE OUT

Grace Assembly of God, 2303 Churchville Road, Bel Air, will hold a "Girl's Nite Out," 6:30 p.m.

The theme is "Good News" and includes a covered dish dinner, fun and fellowship. A video also will be shown, "Good News" by Ken Davis.

For more information, call 410-879-5340 or visit Web site, www.graceaog.com.

SUNDAY SEPTEMBER 12 SECOND ANNUAL RIDE FOR PRIDE

USO-Metro, American Legion Post 221, Seventh District Optimist Club, WSMD-98.3 STAR FM, and Honda PowerSports of Crofton present the second annual Ride For Pride.

The event will include a 40-mile ride through scenic Southern Maryland.

Police will escort the ride, and celebrity riders will attend both the ride and the post-ride party. To register in advance, go to www.usometrodc.org or visit Honda PowerSports of Crofton from 9:30 to 11:30 a.m. on the day of the ride.

Donation is \$25 per rider, and sponsors an Operation USO Care Package. For more information, visit www.usometrodc.org.

MONDAY SEPTEMBER 13 BOATER SAFETY COURSE

The Bush River Power Squadron will conduct an eight-week boater safety course, 7:30 to 9:30 p.m., at Box Hill Community Center, 2920 Strathaven Lane, Abingdon.

Class size is limited. To register or for more information, call 410-515-0195.

WEDNESDAY SEPTEMBER 15 CONVENIENCE SER- VICES

Aberdeen Proving Ground Federal Credit Union is offering a free Convenience Services Seminar 6 to 7:30 p.m. at the APGFCU Operations Center in Edgewood, 1321 Pulaski Highway.

Learn hands-on how to save time and money with the Web site, online banking and bill-pay, telephone teller, check card, ATM's and more.

To reserve a space, call 410-893-7359 or e-mail edteam@apgfcu.com.

SATURDAY SEPTEMBER 18 MILITARY ORDER OF FOREIGN WARS

The Military Order of Foreign Wars Maryland Commandery will hold its 13th Annual Social, noon to 5 p.m. at the Gunpowder Military Reservation, Glen Arm. All-you-

can-eat pit beef, ham, turkey and barbecue chicken, cole slaw, potato salad and more will be served from 1 to 4 p.m.

Free admission to companions in good standing; cost is \$12 in advance for spouses and guests; cost is \$15 at the entrance.

For more information or to RSVP (affirmative replies only), call Col. Jack Kutcher at 410-836-2813 or 410-734-4396 or e-mail jfkutcher@comcast.net.

SATURDAY SEPTEMBER 18 EDEN MILL NATURE CENTER DEDICATION

The Eden Mill Nature Center, 1617 Eden Mill Road, Pylesville, will hold a Wetland Celebration Day and Dedication, 10 a.m. to 2 p.m., rain or shine.

Activities include tours of historic Eden Mill, face painting, balloon creatures, crafts and a puppet show. Visitors can also explore the restored accessible wetland with center staff.

Exhibitors representing environmental organizations also will be available to answer questions about conservation, wetlands, wild life and native plants.

Live animals, which inhabit the wetlands will be on display and a center representative will answer questions on the lifestyles of these animals.

Everyone is invited to bring a picnic lunch or purchase food at the concession stand at the pavilion.

For more information, call 410-836-3050 or visit the center Web site at www.eden-mill.org.

SUNDAY SEPTEMBER 19 AMERICAN LEGION HOLDS BASKET BINGO

American Legion Post 194, 336 E. Main St., Rising Sun, is sponsoring a basket Bingo starting at 3 p.m. Cost is \$10 for 20 games.

For more information, call 410-658-3915, or e-mail basketbingors@aol.com. Proceeds will benefit Boy Scout Troop 28.

MONDAY SEPTEMBER 20 LIGHTHOUSE CRUISE

The Chesapeake Heritage Conservancy, Inc. will operate a Lighthouse cruise, noon to 3 p.m., aboard the Skipjack Martha Lewis in Havre de Grace.

Tickets cost \$30 per person, and includes a boxed lunch and water views of Concord Point, Turkey Point and Fishing Battery Island. Seating is limited.

For more information or to purchase tickets, call 410-939-4078.

MOVIES

**ADMISSION: ADULTS \$3, CHILDREN \$1.50 --
Building 3245 Aberdeen Boulevard
To verify listing, call 410-272-7520.**



There will be no movies on Saturday, Sept. 11.

I, ROBOT (FREE ADMISSION)

Friday, Sept. 10, 7 p.m.

Starring: Will Smith, Bridgit Moynahan

In the year 2035, robots are an everyday household item and have become more and more advanced. Each one is preprogrammed to always obey humans, and under no circumstances, ever harm one. Everyone trusts them, except Chicago police detective John Spooner (Smith).

He is one slightly paranoid detective investigating the murder of Dr. Alfred Lanning (James Cromwell), in what he alone believes is a crime perpetrated by a robot. The case leads him to discover a far more frightening threat to the human race. (Rated PG-13)

Post Shorts

activities, a monthly newsletter containing up-coming events and other helpful and interesting information.

Join the MCSC at one of the Super Sign-up events 10:30 a.m. to 12:30 p.m., Sept. 14 at Ruggles Golf Course, building 5600, or 7 to 8:30 p.m., Sept. 16, at 4670 Parrish Road, Edgewood.

For more information or to join MCSC, visit the club's Web site, www.apgmcsc.org.

Johns Hopkins USFHP open forum

An open forum will be offered 1 to 2 p.m. and 2 to 3 p.m., Sept. 9, in the NCO Room at the APG Recreation Center, building 3326, on the corner of Raritan and Erie streets.

Representatives from Johns Hopkins will provide materials and answer questions about the USFHP, a TRICARE Prime option.

The forum is open all DEERS-eligible family members of active duty and retired uniformed services members, retirees of all ages, family members of Reserve/National Guard on active duty for 31 days or more, non-remarried spouses and unmarried children of deceased service members, Coast Guard family members, NOAA retirees and their family members, as well as eligible family members of deceased NOAA members.

No pre-registration is required.

For information, call 1-800-80-USFHP (7347), Ed Cramer, USFHP at Johns Hopkins, 443-287-2529, e-mail ecramer3@jhmi.edu, or visit www.hopkinsmedicine.org/usfhp.

Blue Cross/Blue Shield service visit

The Civilian Personnel Advisory Center has made arrangements for a claim representative from Blue Cross/Blue Shield to visit Aberdeen Proving Ground on Sept. 14 to discuss claim problems and plan coverage. No appointment is necessary.

The representative will be available in the Aberdeen Area from 9 to 11:30 a.m. in building 305, room 236; and in the Edgewood Area, 12:30 to 1:30 p.m. in building E-4811, the seminar area of the EA Conference Center.

For more information, contact Teri Wright, 410-278-4331, Civilian Personnel Advisory Center.

DA photo policy change

Effective immediately, military personnel are no longer required to forward hardcopy photos to the Enlisted Records and Evaluation Center for Enlisted Soldier Promotion Selection Boards if the photo studio has the capability to upload photos electronically to the Department of the Army Photo Management Information System (DAPMIS).

Only selection boards held at the Human Resources Command in Alexandria for active Army officers still require hardcopy photos.

The APG Photo facility will no longer issue paper copies to enlisted Soldiers for the annual promotion boards. Requests for hardcopies for other types of selection boards will still be honored as well as for officers in the above category.

Any questions should be directed to the Soldiers' servicing Military Personnel Branch.

Installation staff contractor's training

All installation staff, medical, dental and contract personnel, who in the execution of their duties come into daily or frequent contact with Initial Entry Training Soldiers, are required to attend ISCTC.

The one-hour class covers IET policies and procedures, ethical conduct and Army values.

Deputy Installation Commander Col. John T. Wright and APG Garrison Command Sgt. Maj. Elvis Irby conduct the training for appropriate garrison, Kirk U.S. Army Health/Dental Clinic and AAFES employees.

Directors, division chiefs and managers are responsible for ensuring employees attend this mandatory training.

Classes will be held 2 p.m., Sept. 15, 21 and 27, in building 4305, second floor.

To schedule employees to attend, directors, division chiefs and managers should call garrison S-3 Operations, 410-278-5225.

Tennis courts closed

for repairs

Plumb Point tennis courts are closed for repairs and will reopen as soon as possible.

APG plans Retiree Appreciation Day

Aberdeen Proving Ground will hold its annual Retiree Appreciation Day 8 to 11:45 a.m., Nov. 13, at the Aberdeen Area Recreation Center, building 3326.

Representatives from area agencies to include, Kirk U.S. Army Health Clinic, Commissary, Post Exchange, Community and Family Activities and the Veterans Administration will be on hand.

The National Association for Uniformed Services will provide a guest speaker.

Following the program everyone is welcomed to stay for lunch at the Dining Facility, building 4503.

For more information, call Army retirees Col. Charles M. Shadle, chairman of the APG Retiree Council, 410-663-9263 or Command Sgt. Maj. Barry Decker, co-chairman, 410-306-1153.

Women bowlers needed

Women bowlers are needed for the Wednesday Night Mixed Bowling League at the APG Bowling Center. League will begin bowling 6:30 p.m., Sept. 8.

For more information, call Dolores Huff, 410-679-1718.

Army Reserves hold high technology open house

Soldiers and civilians interested in high technology opportunities in the Army

Reserve are invited to join the 311th Theater Signal Command for lunch and an open house Oct. 2 at the 311th's headquarters in Fort Meade.

Visitors will examine satellite ground stations, walk through one of the region's best-equipped emergency operations centers and meet Soldiers who work on the cutting edge of Army signal technology.

The 311th's networking academy, where Reserve Soldiers take manufacturer-authorized certification courses, will also be featured.

Lunch with the Soldiers (reservations required) begins at noon and the tour program begins at 1 p.m.

For more information, call 310-677-1098/1077/1748.

CWF extends BJ's offer

The Civilian Welfare Fund will host one additional sign-up day for BJ's Wholesale Club membership.

Civilian employees, contractors, military personnel, retirees and family members are entitled to signup 10 a.m. to 2 p.m., Sept. 21, in building 2752, room 207, of the Aberdeen Area. For \$25, receive a 15-month membership for two people.

If currently a member, the 15 months begins as soon as the current membership expires.

Do not go to the BJ's Wholesale Club Store to sign-up, the CWF group representative must process the paperwork.

For more information, call Angela Keithley or Jacqueline McKeever, 410-278-4603/4771.

Deadline nearing for nominees

The deadline for nominating Harford County-based residents, employers and groups who promote the hiring of persons with disabilities as productive members of today's work force is Sept. 10.

Nominees will be honored at the Harford County Committee on Employment of People with Disabilities' Annual Awards Luncheon on Oct. 21 at the Maryland Golf and Country Club in Bel Air. Categories include

Employee of the Year, Employer of the Year, Harford County Student Worker of the Year, Barrier-Free Design Award, Ruth Helen Thompson Memorial Community Service Award and Print or Electronic Media Award.

For more information or to request nomination forms, call Sharon Grzanka, co-chair of the Committee, at 410-638-3373 voice/TTY, or at www.co.ha.md.us/services/disabilities.

Understanding low-carb diets

Lt. Col. Deborah Simpson
CHPPM

Anyone who has tried to lose weight knows it can be challenging. Some people choose a low-carbohydrate diet for help in losing weight. Like most fad diets, low-carbohydrate diets produce fast results. But does the weight stay off? Is it safe?

Restricting carbohydrates from the diet typically produces short-term weight loss. The reasons are:

- Loss of water weight.
- Decreased appetite.
- Reduced calories.

In the short term, these diets throw the body’s chemical balance off. Burning fat without carbohydrates creates byproducts called ketones that build up in the bloodstream (ketosis). Research indicates that prolonged ketosis may deplete mineral stores in the bones, causing them to become porous and brittle. Ketosis can cause the body to produce high levels of uric acid, which is a risk factor for gout (painful swelling of the joints) and kidney stones. Ketosis is also dangerous for people with diabetes and kidney disease and pregnant women.

Low-carbohydrate diets can also hurt health in the long term. Most low-carbohydrate diets are high in total fat, saturated fat and protein.

Excess protein can:

- Put a strain on kidneys.

- Promote calcium excretion and electrolyte imbalance.
- Cause nausea, fatigue and weakness.

Low-carbohydrate diets are low in fiber and can result in constipation. Also, the high fat content of low-carbohydrate diets increases the risk for heart disease and some cancers. These diets lack vitamins, minerals and other nutrients that can help reduce the risk of diabetes, heart disease, cancer and other conditions.

Carbohydrates are the body’s main source of energy. The National Academy of Science recommends that most adults consume at least 130 grams of carbohydrates daily. This is approximately equal to 4 slices of bread, two medium pieces of fresh fruit, three 1/2 cup servings of vegetables, and two 8 ounce glasses of milk.

There is no magic formula for losing weight. The only way to lose weight and keep it off is to eat a balanced diet, exercise and commit to permanent lifestyle changes.

Remember:

- Talk to a doctor before starting a weight-loss program.
- Talk with a registered dietitian for assistance in planning a personalized nutrition program
- Change habits. It takes at least 21 days to maintain either a good or bad habit.

If considering a weight-loss

diet, avoid diets that:

- Promise quick weight-loss results (more than 1-2 pounds per week).
- Claim that people can lose weight and keep it off without making changes in diet and exercise habits.
- Limit food choices.
- Base claims on “before” and “after” photos.

- Offer “expert” testimonials.

- Draw simple conclusions from complex medical research.

- Require spending a lot of money on supplements or prepackaged meals.

Resources to help manage weight can be found at <http://www.hooah4health.com/>

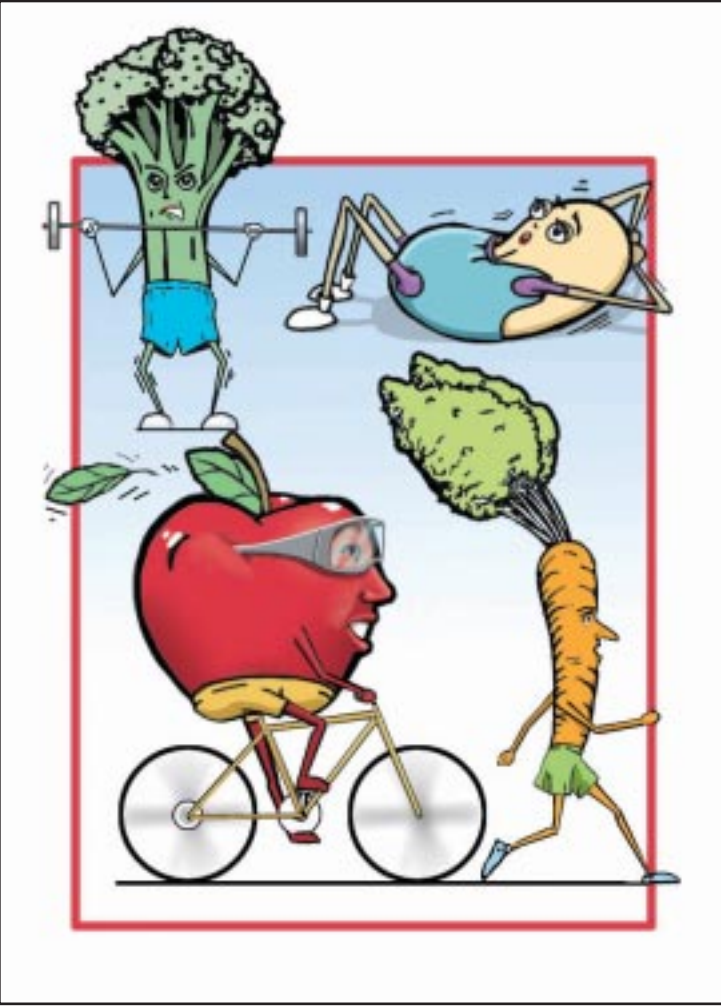


Illustration by MARK FISCHER, CHPPM

TRICARE transition challenges made easier

TRICARE

While the transition to the new TRICARE contracts will make a strong program better and ultimately result in higher patient satisfaction, some beneficiaries may experience

occasional transition challenges such as long wait times when calling their new regional contractors.

Some tips for assessing TRICARE information include conducting business online whenever possible, calling during non-peak hours and

visiting TRICARE Service Centers for face-to-face assistance.

Each regional contractor has made conducting business online easy and fast. Beneficiaries may enroll or change enrollment information online, search for providers in their local area, and find a

wealth of information on the health plan as well as links to other key sites for information on claims processing and online appointments. Additionally, TRICARE Service Centers are available in many areas to provide face-to-face assistance and comprehensive

See TRICARE, page 7



Morale, Welfare & Recreation

BOSS program connects the single and unaccompanied community

Meghan Bowen
APG News

The Better Opportunities for Single Soldiers program, known as ‘BOSS,’ has been reactivated on Aberdeen Proving Ground and is connecting the single and unaccompanied service member population to address issues including quality of life, recreation and community service.

“The BOSS program is a Department of the Army program run through the sergeant majors,” said Joyce Founds, Morale Welfare and Recreation advisor to the BOSS program. “MWR works with BOSS in an advisory capacity.”

Garrison Command Sgt. Maj. Elvis Irby commented on his contributions to the reactivation of the BOSS program.

“I saw that the program had died and that we have quite a few single and unaccompanied members in the APG community,” Irby said. “We wanted to get these Soldiers, Airmen and Marines together.”

Irby chose Sgt. Richard Norman to attend the BOSS conference in Fall 2003 as an APG representative to find out more about the program, since Norman was his ‘Noncommissioned Officer of the Quarter’ at the time.

“After the BOSS conference we had a meeting with representatives from various units and they voted for a president, vice-president, secretary and treasurer for the APG chapter,” Irby said.

Norman, BOSS president, commented on the once dormant program.

“The BOSS program is for

single and unaccompanied Soldiers. Each unit on post has a representative that attends the meetings,” Norman said of the 14 current members from mixed units.

He said that unit representatives, who bring up new ideas at the meetings, are responsible for following up and gathering information on their suggestions.

“We discuss any topics from well being to barracks life to community service

issues,” Norman said.

BOSS members have served the community through a variety of service projects including work with the Mid Atlantic German Shepherd Rescue; providing refreshments and holding a cookout for service members who earned the German Armed Forces Proficiency Badge; and they are currently working on developing a tutoring program with the Maryland Army

National Guard Freestate ChalleNge Military Youth Corps, according to Norman.

Norman said there are upcoming recreational activities for BOSS members.

“We’re trying to get a ski trip together and to make the bus fare and rentals all inclusive in the price. We are also talking about taking some bus trips to New York and Atlantic City and possibly a mini-cruise,” he said.

Norman added that the events will be open to everyone except the advanced individual training students, due to certain regulations governing fraternization. Founds commented on MWR’s contribution to the BOSS program.

“We’re here to help them in any way we can,” she said. “MWR helps out with the technical support of their

financial budgeting. If they need to talk to the housing committee, we can help them. We try to encourage the BOSS committee members in a mentor capacity.”

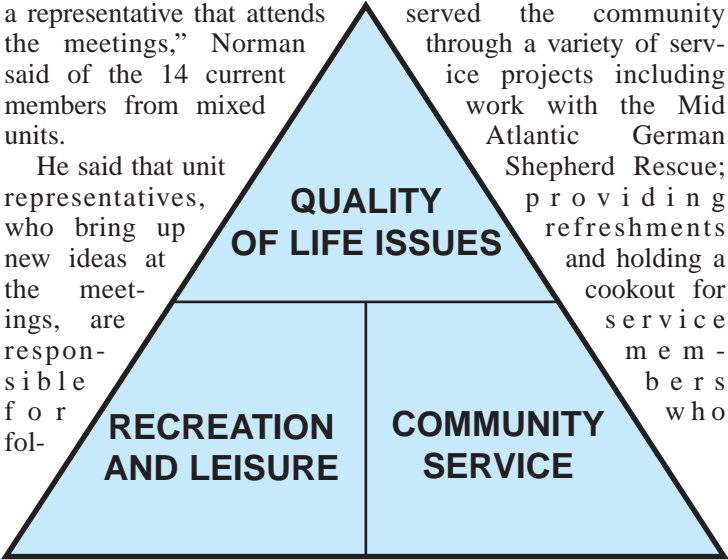
“The BOSS program benefits MWR because we’re put into contact with the single Soldier community, which helps us address their needs,” Founds said.

Irby is optimistic about the future and progress of APG’s BOSS program.

“I think it’s going well. It’s really energizing the service members,” Irby said.

BOSS meetings are held on the last Wednesday of every month at 2 p.m. in building 305 on the Aberdeen Area.

From more information about the BOSS program, call Norman at 410-278-3609.



Activities

New operating hours

The MWR Registration, Tickets and Leisure Travel Center new operating hours are 9 a.m. to 5 p.m., Monday thru Friday, and the 1st and 3rd Friday of every month, 11 a.m. to 7 p.m.*

*If this happens to fall on a training holiday, then the Thursday prior the office will be open from 11 a.m. to 7 pm.

Methods of registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at www.apgmwr.com.

Golf courses close temporarily

Ruggles Golf Course will be closed Sept. 13 and 14 for course maintenance, including

the practice range. Exton will be closed Sept. 15.

MWR looks out for singles through BOSS

The BOSS “Better Opportunities for Single Soldiers” Program meets on the last Wednesday of every month in the Recreation Center, building 3326.

The program is Department of the Army directed, installation managed and service member operated to support the overall quality of life, recreation and leisure and community service for single and unaccompanied service members and single parents.

For more information, call Joyce Founds, Morale Welfare and Recreation advisor, at 410-278-2621.

‘Laugh til your sides Hurt’ Comedy Show

“Laugh til your sides Hurt”

Comedy Show, A Ricky Shackelford Production, will be held Sept. 18 in the APG Post Theater. Red Bone, Kevin Anthony, Justin Schiegel and Larry Lancaster will be performing. The show is open to the public.

Doors open at 8 p.m. and the show begins at 9 p.m. Cost is \$10 for upper level and \$15 for lower level in advance; \$20 at the door.

An ‘after party’ will be held in the AA Recreation Center immediately following the show for all ticket stub holders. Cost without the ticket stub is \$5.

Purchase tickets at www.apgmwr.com or at MWR Registration, 410-278-4907/4011.

For more information, contact MWR Registration at 410-278-4907/4011 or e-mail mwr.registration@usag.apg.army.mil.

Winter Expo at

Outdoor Rec

Outdoor Recreation is having a Winter Expo Sept. 14, 12 to 5 p.m. in front of the Bowling Center, building 2342, showing an assortment of skis, snowboards, snow tubes, and more.

For those interested in winter sporting equipment, this is an opportunity to get fitted early for skis and snowboards.

For more information or to see something in particular, call 410-278-4124 or e-mail outdoor.recreation@usag.apg.army.mil.

Refunding Shirley Caesar concert tickets

Refunds for the Shirley Caesar Concert will be given at MWR Registration and Ticketing Office, building 3326 in the Aberdeen Area. The receipt or ticket must be presented in order to receive a refund. All requests must be in

by Sept. 30.

For more information, call 410-278-4907/4011.

3 on 3 Volleyball competition

This round robin competition will be held 6 to 8 p.m., every Tuesday, Sept. 14 through 28 in Russell Gym. Cost is \$30 per team.

The winning teams will be selected based on their win/loss percentage.

Trophies will be presented to the top three finishers.

Register by Sept. 9.

MWR Horseshoe Pitching Tournament (doubles competition)

This doubles elimination competition will be held in Hoyle Gym on 10 a.m. to 6 p.m., Sept. 26.

United States horseshoe rules apply.

This will be a cash prize

tournament based on the number of entries.

Register by Sept. 9.

Cost is \$5 for active duty and \$10 for civilians.

Pools close

Olympic and Bayside Swimming Pools are now closed for the season. MWR would like to thank everyone for their patronage this summer and hopes to see everyone again next year.

Social hour at Top of the Bay

Starting Sept. 10, there will be weekly events such as rock wall climbing, table tennis, darts and other small games. Free snacks and music. Additional beverages and food items can be purchased.

For more information, contact Doris Reitze, 410-278-3062, or e-mail doris.reitze@usag.apg.army.mil.

APG BOWLING CENTER NEWS

Bowling specials

Sept. 15 thru 17, Red Pin Special, 5 p.m. to closing. Knock down a red head pin and win a free game of bowling.

Active Duty Special will be held Sept. 19. Every game and shoe rental is just \$1.

Leagues forming

Fall and winter leagues are now forming. All leagues are handicap leagues. Handicaps usually are 90 percent of 200. To determine handicap, after bowling the first three games, total the scores and divide by three to get an average. Take that average and subtract from 200 then multiply by 90 percent.

So whether a good bowler or not, this handicap helps all bowlers compete against bowlers that are.

Monday Night Crazy Trio - Bowling begins at 6 p.m., Sept. 27. Cost is \$8 per person per week for 12 weeks. Team is comprised of any combination (all men, women, mixed). Cash prizes are awarded at the end of league.

Monday Night Football Widows Doubles League - Bowling begins at 6 p.m., Sept. 27, and costs \$8 per week per person for 12 weeks. Cash prizes are awarded at the end of league.

Tuesday Rock & Roll Doubles League - Bowling begins at 6 p.m., Sept. 28, at a cost of \$8 per person per week for 12 weeks. Cash prizes will be awarded at the end of league.

Wednesday Night Mixed - Female bowlers are needed to fill existing team vacancies. A team consists of two

women and two men or three women and one man. Also, the league will welcome anyone bringing in their own team.

Bowling began Sept. 8 and ends sometime in April 2005.

For more information, call Dolores Huff, league secretary, 410-679-1718.

Thursday National Guard - There will be a meeting 7 p.m., tonight, at APG Bowling Center to determine the cost and number of weeks.

Team should be comprised of four per team (three men or women one man or woman, two men two women).

Friday Fun Bunch - There will be a meeting 6 p.m. Sept. 10 at the APG Bowling center to determine costs and number of weeks.

Team is comprised of four bowlers (two men and two women).

Saturday Youth League - Bowling for 28 weeks for ages 5 and up begins 11 a.m. to 1 p.m., Sept. 11. Early signup is Aug. 28.

Consideration will be given to other scheduled sports events. A year-end banquet guarantees a trophy to all participants.

There will be raffles and giveaways throughout the season.

Saturday Cosmic Doubles League - Bowling begins 2 p.m., Sept. 25 for 12 weeks for \$10 per person per week. Signup is limited to first eight teams.

Any combination of bowlers forms team (all men, all women, mixed). Cash prizes will be awarded at the end of league.

EA fitness classes

Hoyle Fitness Center, building E-4210
Power Step: 11:30 a.m.; Monday, Wednesday
This class uses “the step” for 60 minutes of intense cardio workout. Abdominal strengthening exercises and a relaxing cool down are also included.
Power Bar: 11:30 a.m.; Tuesday, Thursday
A total body strengthening class that uses the power bar (a weighted bar), the step, hand weights and tubing for resistance.

Abs Blaster, Mat Pilates and Hatha Yoga classes are cancelled.

AA fitness classes

AA Fitness Center, building 320
Step & Sculpt: 11:30 a.m., Monday
Class consists of cardiovascular conditioning using “the step.” Hand weights are also used to sculpt. The class ends with abdominal and flexibility exercises.
Power Cut: 4:30 p.m., Monday and Wednesday; 11:30 a.m., Thursdays

A 60-minute class that uses barbells or dumbbells for conditioning and strengthening, the class uses high repetitions to exhaust the muscle groups.

Step/Conditioning: 5 p.m.; Monday, Wednesday
This class uses “the step” in combinations with various sports conditioning moves to provide cardiovascular improvement as well as muscle conditioning.
Mat Pilates: 6 p.m., Wednesday
Gut Cut: 4:30 p.m., Tuesdays, Thursdays

This is a 30-minute workout designed to sculpt and strengthen the abdominal and lower back muscles.

Aerobic Kickboxing: 5 p.m., Tuesdays, Thursdays
The class consists of a cardio workout that combines traditional high/low aerobics with punches and kicks.
APG Athletic Center, building 3300
Yoga Fit: 11:30 a.m., Monday, Wednesday
Class is based on aerobic format, warm-up, workout phase and cool down.

TRICARE

From page 6

information about the program.

Of course, beneficiaries are also welcome to call their regional contractor, recognizing that they might experience longer wait times due to high call volume during transition. As always, some days have a lower call volume and, when-

ever possible, beneficiaries should consider calling on days when the volume of calls tends to be lower. For example, Mondays, typically have the largest volume of calls. Thursdays and Fridays have the least calls, making these days the best for gaining quick access to information beneficiaries need. The regional contractor Web sites and telephone numbers are:

- TRICARE North,

<http://www.healthnetfederalservices.com>, 1-877-TRICARE 877-874-2273

- TRICARE South - <http://www.humanamilitary.com>, 1-800-444-5445
- TRICARE West - <http://www.triwest.com>, 1-888-TRIWEST, 1-888-874-9378

It is also important for beneficiaries to keep their Defense Enrollment and Eligibility Reporting System (DEERS) information updated. Failure

to keep this information current may result in future provider and pharmacy service denials of care, returned TRICARE health care claims, and undelivered updates about the transition. To update personal information in DEERS, beneficiaries may:

- Visit a local uniformed services personnel office (or ID Card Issuing Office) or contact the Defense Manpower Data Center

Support Office (DSO) at 1-800-538-9552. Beneficiaries may find the nearest uniformed services personnel office at Web site, www.dmdc.osd.mil/rsi/, or

- Visit www.tricare.osd.mil/DEERSAddress to update address information, or
- Fax address changes to DEERS at 1-831-655-8317, or
- Mail the address change to Defense Manpower Data Center Support Office, ATTN:

COA, 400 Gigling Road, Seaside, CA 93955-6771.

Beneficiaries may also obtain additional TRICARE information on the TRICARE Web site at www.tricare.osd.mil or the TRICARE Online Web site, www.tricareonline.com.



Protecting *the Bay's ecosystem*



Geoff Jay, rear, of Weston Solutions, Inc., and Erin Markel place SAV turf grids into the water. The SAV will provide food and habitat for bay organisms while also stabilizing bottom sediments. This helps keep the Bay clean.

Erin Markel, an intern at Otter Point Creek for the Chesapeake Bay National Estuarine Research Reserve, attaches SAV to turf grids. These grids allow project staff to safely and efficiently plant SAV along the shoreline of APG while not disturbing the bottom sediment.

Photos by VINCE FREEO
Illustration by BLAKE VOSHELL

Background image: SAV planting starts in the spring. As the plants become established into their new environment, the turf grids are removed and used again in another location along the shoreline.



Todd Besar, U.S. Army Environmental Center intern from the Oak Ridge Institute for Science and Education, harvests submerged aquatic vegetation from a "grow out" tank for planting in the Chesapeake Bay off of Aberdeen Proving Ground Aug. 1. This underwater bay grass is a crucial part of the bay's ecosystem. Using grow out tanks protects existing SAV beds from unintended harm and adds to the Bay's SAV population.

EPA interns tour facilities at Aberdeen Proving Ground

Adriane Miller
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Finding challenging, summer activities for a group of 15-year-olds is not an easy task. Jose Jimenez, the U.S. Environmental Protection Agency's federal facilities coordinator for Region 3, knew the high school students participating in a six-week summer internship program at EPA's headquarters in Philadelphia would need more to do than review facility

inspections to stay inspired.

So when an EPA employee mentioned visiting Aberdeen Proving Ground as an idea, Jimenez knew right away whom to call. Laura Rodman, the Army Regional Environmental Coordinator for Region 3, has worked closely with Jimenez on many installation issues from her office in the Edgewood Area.

Rodman told Jimenez she'd be honored to help out. A few phone calls later, she had set up a full schedule of tours for

the students.

The four students and their EPA mentor, Eduardo Rovira, came from Philadelphia to APG Aug. 12 as guests of the U.S. Army Environmental Center Northern Regional Environmental Office.

First, the students visited Mark Diglio, a chemical engineer from the U.S. Army Chemical Materials Agency, where they toured the chemical demilitarization training facility at the Edgewood Area.

They visited John Wrobel,

an APG garrison environmental engineer, at a groundwater treatment operation in Aberdeen. They saw a short video about an on-going landfill cleanup and the partnership among the Army, EPA, state, and community that makes the clean-up project effective.

Rodman also discussed with the students how Army Soldiers practice environmental stewardship today. She rounded out their visit by reviewing the importance of training Soldiers to fight and

be successful at their missions, so they may return home safely. The latter point was especially significant to one student whose brother is currently deployed as an Army Soldier in Iraq.

Jimenez said the internship program's objective is to encourage high schools students to attend college.

"These are bright kids," Jimenez said of the young interns from city schools who sign up for the summer EPA program. "We see their poten-

tial. We're helping them see they can achieve more."

For her part, Rodman said she hoped the students saw that APG, like other Army installations, is a role model of innovation and environmental stewardship.

Jimenez said the students enjoyed the visit, and the program mentors hope to include it as a regular field trip for next summer's interns at EPA.